

## Strong African American Families—Teen

Literature review updated June 2016.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [Technical Documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

**Program Description:** Strong African American Families - Teen is a five-week community-based program developed for 16 year-old African American youth and their caregivers. Families meet in interactive small groups with trained facilitators once a week for 2 hours. Lessons are intended to promote protective caregiving (setting limits, monitoring, racial pride and strategies for dealing with discrimination, monitoring and supporting academic achievement, and cooperative problem solving), as well as youth self-regulation. The aim of this program is to deter youth substance use, conduct problems, and depressive symptoms.

### Meta-Analysis of Program Effects

Outcomes measured	No. of effect sizes	Treatment N	Adjusted effect sizes and standard errors used in the benefit-cost analysis						Unadjusted effect size (random effects model)	
			First time ES is estimated			Second time ES is estimated				
			ES	SE	Age	ES	SE	Age	ES	p-value
Alcohol use in high school	1	237	-0.090	0.111	18	-0.090	0.111	18	-0.236	0.033
Major depressive disorder	1	237	-0.090	0.111	18	0.000	0.012	19	-0.236	0.033
Disruptive behavior disorder symptoms	1	237	-0.029	0.147	18	-0.014	0.076	21	-0.076	0.629
Youth binge drinking	1	237	-0.068	0.111	18	-0.068	0.111	18	-0.179	0.106

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

### Citations Used in the Meta-Analysis

- Brody, G.H., Chen, Y.F., Kogan, S.M., Yu, T., Molgaard, V.K., DiClemente, R.J., Wingood, G.M. (2012). Family-centered program deters substance use, conduct problems, and depressive symptoms in black adolescents. *Pediatrics*, 129(1), 108-15.
- Ingels, J.B., Corso, P.S., Kogan, S.M., Brody, G.H. (2013). Cost-effectiveness of the Strong African American Families-teen program: 1-year follow-up. *Drug and Alcohol Dependence*, 133(2), 556-561.

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